

Conduct a caregiver assessment when performing an initial or annual MDS-HC when there is a significant change with the participant. Often a caregiver prefers to speak candidly without being heard by the care recipient. If this is the preference of the caregiver, make arrangements to do the assessment with the caregiver at a different time. A caregiver assessment may be conducted by telephone.

### Caregiver Assessment Job Aid

Issue	Consider
<p>If the caregiver is chronically ill or disabled OR they have other significant commitments, they and the participant are at high risk. (Questions "About You")</p> <p>(High risk could mean that the caretaker could stop providing supports causing the participant to enter a nursing home, it could mean that the caretaker could reduce their care giving supports, or it could cause a situation of abuse/neglect)</p> <p>(Studies have shown that caregiver employment and caregiver age are correlated with caregivers who are at a higher risk for burden.)</p>	<p>Because of the high risk, consider providing respite for the caregiver AND providing additional care giving resources, informal and/or formal, AND providing caregiver with support groups pertinent to their situation.</p> <p>Informal support would be other family or caregivers and formal support would be one or more services in CC Waiver. (Review of budget)</p>
<p>If the caregiver is providing direct assistance and support such as physical care (ADL's and IADL's) and/or practical support AND support is daily, several times daily, or all the time basis AND they indicate that caring is causing them problems (physical, emotional, coping) (Questions 1, 2, 3, 4, 5)</p>	<p>Respite on an intermittent basis AND change of service mix AND providing general resources for support groups</p> <p>A change of service mix would include changing services to include those that would alleviate caregiver burden or stress. Consider Home Delivered Meals, Transportation, temporary increase in PAS, etc. May need a review of budget.</p>
<p>If the caregiver is providing direct assistance and support such as physical care (ADL's and IADL's) and/or practical support on a daily basis AND they indicate that lifting or transferring is causing them physical problems (back/neck, etc) problems (Questions 1 and 6)</p>	<p>Purchasing a Hoyer lift (Paid by Medicaid and Medicare). Provide assistance in identifying a vendor and assist with any paperwork, as needed by participant.</p>
<p>If the caregiver is providing direct assistance and support such as physical care (adl's and iadl's) and/or practical support on a daily basis AND they indicate that they are having difficulty emotionally and/or coping (Question 1, 2, 3, 4, 5)</p>	<p>Providing resources on counseling (no or low cost) and/or resources for support groups (caregivers, grief, etc depending on specific issue)</p>
<p>If the caregiver indicates that they cannot continue caregiving (Question 5)</p>	<p>Providing immediate respite for the caregiver (up to 10 days) AND providing additional caregiving resources, informal and/or formal, AND providing caregiver with support groups pertinent to their situation.</p> <p>Informal support would be other family or caregivers and formal support would be one or more services in CC Waiver. (Review of budget)</p>
<p>If caregiving is causing a significant effect on the caregiver's work, study, relationships or own health (Question 7)</p>	<p>Providing immediate respite for the caregiver (up to 10 days) AND providing additional caregiving</p>

	<p>resources, informal and/or formal, AND providing caregiver with support groups pertinent to their situation.</p> <p>Also consider intermittent respite for caregiver.</p> <p>Informal support would be other family or caregivers and formal support would be one or more services in CC Waiver. (Review of budget)</p>
If participant has a specific condition such as Alzheimer's, Dementia, Diabetes, etc.	<p>Providing resources that provide education such as Diabetes Management, Alzheimer's and Dementia Courses, Lifting and Transferring, etc.</p>
<p>STRATEGIES FOR IDENTIFIED CAREGIVER SUPPORTS MUST BE ADDRESSED IN THE APPROPRIATE CAPS PLANNING DOMAIN (FUNCTIONAL PERFORMANCE; SOCIAL FUNCTION; CLINICAL; COGNITION).</p>	